



TRAIL RUN PARADISE - ETAPA 4

RECANTO VERDE 22.9.2024

TRAIL RUN PARADISE

Carlos Sérgio Silva

PADIMI MOTEL

Course : 12 KM SOLO MASCULINO 40-49

Distance : 11500m (Climbing 360m)

Time : 1:16:28,570 (6'39"/km)

6/16

O.K.

[Full result on Webres](#)

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|----------------------------------|-------------|
| 1. Jose Adriano | 1:02:40,152 |
| 2. Edilson Pereira | 1:03:59,203 |
| 3. Davi Oliveira Conceição Gomes | 1:04:53,046 |

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|----|-----|----------|----------|-------|----------|--------------------------|
| 1. | 74 | 00:57:11 | | 8300m | 6'53"/km | RETORNO 12KM - H2O |
| 2. | 75 | 00:11:55 | 01:09:06 | 2200m | 5'25"/km | RETORNO 6KM - REENCONTRO |
| 3. | 999 | 00:07:22 | 01:16:28 | 1100m | 6'42"/km | CHEGADA |

